



CITY OF CONCORD WELLNESS PROGRAM

Making Wellness Work

[REGISTER HERE](#)

The City of Concord's Wellness team has partnered with the Concord Food Co-op to bring you a number of Workshops led by several of the Concord-area's top holistic practitioners. The workshops are open to Wellflex participants (and eligible for credit) and the area Community.

INCREASING MINDFULNESS & SPINAL FLEXIBILITY SIMULTANEOUSLY



Too often we tend to forget to listen to our body while we are stretching. In this experiential class, Dr Sam will take us on a journey into our spine and that quiet place in our mind as we increase our range of motion in all directions. Be prepared with comfortable clothing for stretching and bring a yoga mat.

Tuesday, Oct 27, 2015 6:30—7:30 pm Fire Training Room

DIABETES AWARENESS: WHAT YOU SHOULD KNOW

Diabetes is a group of diseases marked by high levels of blood glucose resulting from defects in insulin production, insulin action or both. It can lead to serious complications, but one can take steps to control the disease, lower the risk and act preventatively. Join Amanda Hegnauer as she helps you to understand your risks and what you can do.

Tues, Nov 17, 2015 6:30 PM - 7:30 PM Council Chambers



WHOLESOME HOLIDAY TREATS

Holidays are a challenging time to eat well, especially if you're limiting sugar or on a special diet. Join Ruth Goldstein, RDN, LN as she presents recipes and wholesome holiday treats that you can feel good about indulging in. Come and sample some gluten-free, grain-free and dairy free treats (they are not allergen-free). Be prepared for your next holiday party with these crowd pleasers!

Tuesday, Dec 8, 2015 6:00 PM - 7:30 PM—Council Chambers

You may register for the education session by [emailing HR](#) or you may contact HR at 225-8535 for assistance or additional information.